

PREVENTIVE CARE FOR YOUNG CHILDREN

7-11 MONTHS

Nutrition and feeding

- ★ breast milk or iron-fortified formula for first year
- ★ finger foods; soft table foods
- ★ no honey until after first birthday
- ★ do not prop bottle or put to bed with bottle
- ★ avoid adding salt, sugar and "mixed" infant dinners
- ★ serve liquids from plastic cup
- ★ no cows milk until after first birthday
- ★ give finger foods, starting with crackers, crusty breads, cereal, & teething biscuits & work up to chopped, diced well cooked bite size pieces of table foods including fruits, vegetables and meats

Growth and development

- ★ sits, crawls
- ★ transfers objects from hand to hand
- ★ has difficulty separating from mom
- ★ pulls to stand
- ★ bangs objects together
- ★ feeds self
- ★ says syllables
- ★ watches objects fall
- ★ fearful of strangers

Safety and injury prevention

- ★ safety proof home: no exposed cords; cover outlets; medicines, bleach, gasoline, detergents out of reach
- ★ properly secure car seat in the back seat; is everybody buckled up?
- ★ do not leave unattended in bath
- ★ turn handles of pans inward on stove
- ★ do not have hot liquids near child
- ★ don't serve peanuts, popcorn, hot dogs, carrots/celery sticks, grapes, raisins, or hard candy until age 3-4
- ★ use gates at bottom/top of stairs and safety device on windows
- ★ limit sun exposure/use sunscreen
- ★ do not allow use of walker at any age
- ★ keep environment smoke-free
- ★ use smoke alarms
- ★ keep Ipecac in home; know Poison Control number 1-800-Poison-1 (1-800-764-7661)

Babies enjoy

- ★ pots and pans
- ★ objects in containers
- ★ finger foods
- ★ objects to drop
- ★ water toys
- ★ playing peek-a-boo
- ★ music
- ★ being read to
- ★ safe space to explore

(7-11 months, continued)

Health teachings

- ★ substitute/distract; for unwanted actions
- ★ avoid circumstances in which infant has too many restrictions - place valuables out of reach
- ★ be consistent - a infant needs predictability
- ★ ignore temper tantrums
- ★ reinforce good behavior
- ★ praise often
- ★ review teeth cleaning
- ★ avoid over-the-counter drugs without doctor's advice
- ★ do not smoke around child
- ★ learn CPR and first aid
- ★ wash adult's and infant's hands after changing diapers

Family issues

- ★ individual time for self and partner
- ★ encourage partner's involvement with infant care
- ★ continue social life
- ★ continue to meet needs of siblings and engage them in infant care
- ★ violence potential; handle anger appropriately
- ★ watch for neglect or abuse
- ★ may need extra support, e.g., divorce, disability, income issues, grief, transportation
- ★ may need additional child care services

Questions? Contact:

- ✧ Local Community Health Services Office
- ✧ Local Family Resource List
- ✧ Head Start
- ✧ Resources for Family - Provider Information Line 1-800-529-5000
- ✧ SD Department of Health 1-800-738-2301
- ✧ Health Care Providers

REMEMBER: Everyone wash hands
(Adults and Children)